



#2

Trainer Resource #1

## Learning Style Inventory

**Directions:** The following inventory is a short, quick way to help you understand your and your children's learning styles. Respond to each item as honestly as you can. **Place a check on the appropriate line after each item.**

	Often	Sometimes	Seldom
1. Can remember more about a subject through the lecture method with information, explanations, and discussion.	<input checked="" type="checkbox"/>		
2. Prefer information to be written on the chalkboard, with the use of visual aids and assigned readings.	<input checked="" type="checkbox"/>		
3. Like to write things down or to take notes for visual review.	<input checked="" type="checkbox"/>		
4. Prefer to use posters, models, or actual practice and some activities in class.	<input checked="" type="checkbox"/>		
5. Require explanations of diagrams, graphs, or visual directions.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
6. Enjoy working with my hands or making things.	<input checked="" type="checkbox"/>		
7. Am skillful with and enjoy developing and making graphs and charts.			<input checked="" type="checkbox"/>
8. Can tell if sounds match when presented with pairs of sounds.	<input checked="" type="checkbox"/>		
9. Remember best by writing things down several times.	<input checked="" type="checkbox"/>		
10. Can understand and follow directions on maps.	<input checked="" type="checkbox"/>		
11. Do better at academic subjects by listening to lectures and tapes.			<input checked="" type="checkbox"/>
12. Play with coins or keys in pockets.			<input checked="" type="checkbox"/>
13. Learn to spell better by repeating the words out loud than by writing the words on paper.			<input checked="" type="checkbox"/>
14. Can understand a news article better by reading it in the paper than by listening to the radio.			<input checked="" type="checkbox"/>
15. Chew gum, smoke, or snack during studies.			<input checked="" type="checkbox"/>
16. Feel the best way to remember is to picture it in your head.	<input checked="" type="checkbox"/>		

17. Learn spelling by "finger spelling" words.
18. Would rather listen to a good lecture or speech than read about the same material in a text book.
19. Am good at working and solving jigsaw puzzles and mazes.
20. Grip objects in hands during learning period.
21. Prefer listening to the news on the radio rather than reading about it in the newspaper.
22. Obtain information on an interesting subject by reading relevant materials.
23. Feel very comfortable touching others, hugging, handshaking, etc.
24. Follow oral directions better than written ones.

Often	Sometimes	Seldom
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

### Scoring Procedures

**Directions:** If you checked *often* next to a question, it equals 5 points; *sometimes* equals 3 points; and *seldom* equals 1 point. Look at the 3 columns (Visual, Auditory, Tactile). Question #2 is under visual. Look at your response to question #2. If you checked *often*, write 5; if you checked *sometimes*, write 3; if you checked *seldom*, write 1. Do the same for the rest of the numbers in the columns. Be careful. They are not in order. Once you have completed recording the score, add the points in each column to obtain your preferred learning style.

VISUAL		AUDITORY		TACTILE	
#	PTS.	#	PTS.	#	PTS.
2	5	1	5	4	5
3	5	5	3	6	5
7	1	8	5	9	5
10	5	11	1	12	1
14	1	13	1	15	1
16	5	18	5	17	5
19	5	21	5	20	5
22	3	24	3	23	5
Total	30	Total	28	Total	28

If you are a **visual** learner, then by all means be sure that you look at all study materials. Use charts, maps, filmstrips, notes, and flashcards. Practice visualizing or picturing words/concepts in your head. Write out everything for frequent and quick visual review.

If you are an **auditory** learner, you may wish to use tapes. Tape lectures to help you fill in the gaps in your notes. But do listen and take notes, reviewing notes frequently. Sit in the lecture hall or classroom where you can hear well. After you have read something, summarize it, and recite it aloud.

If you are a **tactile** learner, trace words as you are saying them. Facts that must be learned should be written several times. Keep a supply of scratch paper for this purpose. Taking and keeping lecture notes will be very important. Make study sheets.